

Heart's Desire Ritual Work

Advisory! It is imperative that all person's choosing to do this work first complete the 3 months of preparatory work as laid out in the chapter "Occult Anatomy of the Body"!

This work requires the use of the 7 Alchemical Herbal Essences

The procedures laid out in these pages will help you find out what it is that you are meant to do in this incarnation and then manifest it into a viable, active reality. Follow the instructions carefully and diligently and you will be rewarded with that which is more precious than gold!

Please note the work of finding ones heart's desire, astralizing it, and planting the seed is best done during the moon's two-week waning period (full moon – new moon). The work of manifesting your blueprint into the material world is best done during the moon's two-week waxing period (new moon – full). Of course there will be some overlap of the time periods when doing this work as the moon does not turn full or new on Sundays only. We have found that when adhering to this schedule as closely as possible the results manifest themselves much more quickly in phases of the work.

First week of waning period (full – new moon)

Day of Week: *Sunday*

Magic of Air: *Use the instructions given in the magic of air for you're breathing exercises. Impregnate the air with the color yellow..*

Magic of Water: *Impregnate the liquid you will drink with the color of the day. Do this by visualizing the colored energy that you have breathed into your body as being partially expressed through your fingertips. See the colored light going into the liquid; you can even visualize the liquid as bubbling as you impress the energy into it.*

Magic of Food: *Use the Alchemical essence designated for Sunday.*

Statement of Purpose: *Be sure to repeat your statement of purpose twice during the day, once in the morning right after waking up and just before going to bed.*

Extended Ritual Instruction: *As I said earlier many people do not know what is their heart's desire is. Should you be one of these persons this ritual will help you to find it. After drinking the charged alchemical products and ingesting you magical meal, pray silently to your Inner Master. Ask the Divine presence that*

resides in your heart to make you aware of your heart's desire. Sit still for a few minutes and the answer will come to you. Once you have received your answer move onto the work scheduled for Sunday below.

Should after the space of five or ten minutes you still feel uncertain and have not come in contact with your heart's desire stop the meditation and go about your daily activities. In the morning for the remaining days of the week repeat the ritual, except that the color of the day will correspond to the colors associated with the day of the week as shown in table three in the chapter on Astro-cyclic pulsations. Also the alchemical products used should also correspond to the appropriate day of the week. Be sure to keep a pad and pen by your bed. In the morning write down any dream that you had. At the top of the page write in bold letters the one thing in the dream that stood out to you most profoundly. Chances are that you will have come to recognize what your heart's desire is before Sunday comes back around. Should you still have not decided on it, continue with this phase of the practice until you do. I have found that most persons come up with something within one month's time.

After having decided on your heart's desire pickup the practice again on Sunday, if it is revealed to you before Sunday finish out the weeks practice. But instead of asking for what your heart's desire is, give thanks to the Lord of life for the revelation bestowed upon you.

Work for Sunday: You will need six sheets of blank paper for this phase of the work; you will only use one of the sheets today. Now that you have decided on your heart's desire, write down,

What it is that you want!

To do any more reading without attending to this requirement is a waste of time and energy. So decide what it is that you want to be and do and write it down now!

What you have written down is probably the end result that you seek to accomplish. This is good. For your immediate purposes though we need a declaration that embodies a single objective. On the road to becoming and doing what is your heart's desire there are transitional signposts along the way that one passes. The end result I seek to accomplish is to write this book I have in my head. But my immediate aim is to complete this chapter. Perhaps your goal is to be a doctor, teacher, or welder. No matter what it is there are preliminary steps that you must take before you reach your final aspiration. Therefore what is the one immediate thing that you can do to get yourself on the way to becoming and doing what it is that you

desire to do. Write this one thing down, underneath what you have previously written down on the same sheet of paper and preface it with the following. *I will use all the powers of my being to achieve the following aim:*

Keep this sheet of paper with you and read it once at night just before going to bed, and in the morning immediately upon waking, do this each day as you do the work for the other days of the week. Let no one see the paper. Nor tell anyone about what you are doing (the practice), or about your objective (except those intimately connected with it) until you have achieved it. Continue this practice of reciting your statement of affirmation once in the morning and once in the evening until achieving the single objective you have written out. The reader will remember that in the section on capillary dynamics that the formative forces show their greatest strength when an experiment is carried out in the day and again at night using the same filter paper. Our declarations of purpose utilize these same formative forces to engender themselves into manifestation. This is the reason for repeating the statement of purpose twice a day. There is no need to do this more than twice a day; we do not want the subconscious to get the impression that we are anxious about what we are doing. Anxiety is actually a symptom of doubt and the subconscious knows this all too well. It is enough to say it twice a day with an authoritative voice.

Because our heart's desire is something we want to experience here on the physical plane, it holds that this desire must have all the attributes that we inscribe to matter. That is it should have shape, color, weight, etc. We therefore need to take pencil and paper in hand and write down a word blueprint of our one aim. We will do this on the appropriate days of the week that rule our five senses.

Day of Week: Monday

Magic of Air: Impregnate the air with the color violet.

Magic of Water: Impress into the liquid the colored energy you have accumulated into your body, by expressing part of it from your fingertips.

Magic of Food: Use the essence for Monday.

Statement of Purpose: *Be sure to repeat your statement of purpose twice during the day, once in the morning right after waking up and just before going to bed.*

Extended Ritual Instructions: Monday does not rule any of the five senses of man, but it is connected with the astral plane. On this day you should envision your heart's desire as line drawings, or wire frame outlines that have no color or solidity.

Day of Week: Tuesday

Magic of Air: Impregnate the air with the color red.

Magic of Water: Impress into the liquid the colored energy you have accumulated into your body, by expressing part of it from your fingertips.

Magic of Food: Use the essence for Tuesday.

Statement of Purpose: *Be sure to repeat your statement of purpose twice during the day, once in the morning right after waking up and just before going to bed.*

Extended Ritual Instructions: Tuesday is associated with Mars and Aries. Aries is the ruler of the head and face and thus the eyes. The work for Tuesday is to create as plastic an image as possible in your mind of what it is that you want. First do a mental review of the wire frame outline of your heart's desire that you envisioned on Monday. Now begin to fill the image with color. Rotate it in your mind and go over every detail of the image in your mind as thoroughly as you possibly can. On the second sheet of paper that you have, write on the top of it *spiritual sense of sight*. Write down all the attributes of your heart's desire associated with this phase of the work. Write its color, its shape, its height, and length. Write down all that you see about your heart's desire on this sheet of paper.

Day of Week: Wednesday

Magic of Air: Impregnate the air with the color .

Magic of Water: Impress into the liquid the colored energy you have accumulated into your body, by expressing part of it from your fingertips.

Magic of Food: Use the essence for Wednesday.

Statement of Purpose: *Be sure to repeat your statement of purpose twice during the day, once in the morning right after waking up and just before going to bed.*

Extended Ritual Instructions: The spiritual energy of Mercury is associated with the signs Gemini and Virgo, which are connected with the sense of smell and touch respectively. When connected with Gemini Mercury is said to be in a positive polarity, when with Virgo it is said to be of a negative polarity. The terms positive and negative polarities should not be confused with terms like good and evil, neither polarity is such; they simply are what they are. We begin with the negative polarity because all manifestation starts off in a negative phase. That, which is issued from the divine, must rest just after its appearance on the physical plane. We see this phenomena take place especially after birth. A newborn irrespective of it being a child or animal will rest just after the birthing process.

First read over and mentally review what you have written down about your heart's desire from the preceding days of the week. The work for Wednesday morning is to imagine and write down all the touch sensations that you associate with your heart's desire. On the third piece of paper write down "*spiritual sense of touch*" Describe the different surfaces of the objects that make up the objects you saw and experienced on Tuesday. Are the surfaces rough or smooth? How heavy are the different objects? Handle them in your astral hands; note if they feel cold or warm, etc. What will that which you want to be and do, feel like as you are doing it? What materials will it be composed of? If it is made of wood, is the wood polished or raw? Is the texture smooth rough. If you are visualizing furniture for the house, how does it feel when you sit down on your new couch? Touch in your mind eye that which you desire, run your hands over it, experience it.

On Wednesday night we move to the sense of smell. First of course review what you have done on Tuesday and Wednesday morning. On the fourth piece of paper write down "*spiritual sense of smell*" Now move onto to experiencing the smell sensations of your heart's desire. If there is wood in the objects that

make up your heart's desire smell it. No mater what you are working on there is some smell associated with the objects making up your heart's desire.

Day of Week: Thursday

Magic of Air: Impregnate the air with the color.

Magic of Water: Impress into the liquid the colored energy you have accumulated into your body, by expressing part of it from your fingertips.

Magic of Food: Use the essence for Thursday.

Statement of Purpose: *Be sure to repeat your statement of purpose twice during the day, once in the morning right after waking up and just before going to bed.*

Extended Ritual Instructions: First review all the work that you have done on the previous days. The spiritual energy of Jupiter is not associated with any of the 5 senses of man. Astrologically Jupiter is associated with the signs of Pisces and Sagittarius. Pisces rules the feet and Sagittarius rules the hips, and thighs. All of these assignments bring to mind the principle of movement. No matter what it is that we want there is some form of movement associated with it. If it is a house you want see the wind blow through window and billow the curtains. Where there is movement there is life. Be sure to animate your vision, make it a living, tactile thing. Most of all use the things that you have created in the astral realm; you must move and walk around in the mental images. Remember all of this should be seen as present realities, use your creation and experience it in the present tense.

Day of Week: Friday

Magic of Air: Impregnate the air with the color .

Magic of Water: Impress into the liquid the colored energy you have accumulated into your body, by expressing part of it from your fingertips.

Magic of Food: Use the essence for Friday.

Statement of Purpose: *Be sure to repeat your statement of purpose twice during the day, once in the morning right after waking up and just before going to bed.*

Extended Ritual Instructions: The spiritual energy of Venus is associated the signs Taurus and Libra. Taurus is ruler of the ears and thus the sense of hearing. What sounds are associated with what it is that you want to be and do? No matter what it is there are sounds associated with it. If you desire to have a house can you hear the sounds of the house as see them? Do you hear the wind blowing on the curtains as they billow out in the living room as the wind rushes in through an open window? Do you hear the movement of the fabric of your couch as sit down on it? Or how about that car that you want can you here the engine as it starts up and it finely tuned soft purr.

Day of Week: Saturday

Magic of Air: Impregnate the air with the color black.

Magic of Water: Impress into the liquid the colored energy you have accumulated into your body, by expressing part of it from your fingertips.

Magic of Food: Use the essence for Saturday

Statement of Purpose: *Be sure to repeat your statement of purpose twice during the day, once in the morning right after waking up and just before going to bed.*

Extended Ritual Instructions: The spiritual energy of Saturn is not associated with any of the physical senses of man. Indeed Saturn is seen as the crystallizing or materializing of spirit into tangible form. Use this day to review all that you have done on the previous days of the week, and reinforce in your mind that what you experience is a present reality.

Day of Week: Sunday

Magic of Air: Impregnate the air with the color yellow.

Magic of Water: Impress into the liquid the colored energy you have accumulated into your body, by expressing part of it from your fingertips.

Magic of Food: Use the essence for Sunday

Statement of Purpose: *Be sure to repeat your statement of purpose twice during the day, once in the morning right after waking up and just before going to bed.*

Extended Ritual Instructions: The end of one cycle is always the beginning of another. On this Sunday we utilize the last sense of man, the sense of taste. Have you ever wanted something so badly that you said you could taste it? Or have you ever used the expression “I am so close that I can taste it”. Taste is probably the most intimate of all the senses, because we must willingly take something into our bodies via our tongues. As opposed the smell, sight, touch, or hearing, all of which can be experienced, independently of our desiring to experience them. We may feel that a thing is close, see it in our minds eye, our nose or ears may lead us to it, but when we taste a thing we truly experience it.

This last sense is generally the most difficult to associate with their heart's desire. After all if you want a house or car you have no desire to imagine what the taste of wood in your kitchen might be, or for that matter what the taste of your cars new leather upholstery is like. In my opinion we are not creating this type of sense actualization with the images that we have previously created. Instead we should look to experience taste in relation to those things that we do within the context of experiencing our heart's desire. If you desire a house it should be no difficulty to imagine yourself eating something during your activities in the house. The same holds true for a car. But what of a wood worker or a person playing the piano. I have on occasion had the chance to work with wood using power tools. Invariably the saw dust will fly into the air and get all over you, some of this dust will get into your mouth and in this case imaging the taste of wood is a valid exercise. I have also seen person's practice playing certain pieces on the piano for long stretches of time. They begin to perspire rather profusely when they get into what they are doing and in the course of their playing I have seen then lick their lips, where beads of sweat have gathered. Here the salty taste of ones own sweat is also a valid sense imagination to take on. There are taste associated with so many of the things that we do in our daily lives, the task is just to truly extend ourselves via imagination

into the situation so that we may truly experience it. The more completely we can do this extension of imagination, the more plastic and animated will be our visualizations. On the seventh and final sheet of paper that you have, write at the top "*spiritual sense of taste*". Write down all of the things that you would do in the course of performing your heart's desire in which taste would play a part.

In the instructions for each day you were told that you should make your declaration of intent only twice during the day, i.e. immediately before waking and just before going to sleep. This is not so with the visualization and animation of your heart's desire. Spend time daydreaming about it, engross yourself in it and make it as real tactile as you possibly can.

Now that you have created a blueprint of your heart's desire it is now time to begin transferring it to the subconscious. Your mind thinks in images and responds to images. The best way to get the subconscious to do what you want it to do is to give it a suggestion rather than a command. Yet this suggestion should be composed of a specific image rather than words. We have already formulated our will and desire as a declarative statement. This was not intended to direct the subconscious in the specifics of how to make your desire manifest in the external world. The statement and images are actually a seed thought that will cause to sprout up in the subconscious a wide range of associations and correspondences. These will cause the hidden powers of the subconscious to come into play, making the connections with people and materials that you need in order to make your heart's desire manifest.

One of the most important things to remember is that the activities of the subconscious takes place on a level below our conscious awareness. When a farmer plants a seed he does not till the soil to see and try to direct the germinating process of the seed. I am sure persons in the past have tried to do this, and invariably their crops failed. So to is it with the workings of the subconscious. We seek only to plant the seed thought and from there we need do nothing more, in trying to direct the subconscious, if the field of our conscious minds has been fertilized properly then Nature in her wisdom will do all that is needed to be done. We simply must be sure to check the field and pull up any weeds that might on occasion sprout up. Remember the subconscious responds to the dominate thought, so it will be of little use to plant a seed thought of success when all day long you see your entire existence and relate to the world as an abject loser.

After completing the work of the previous week you should have a hard copy of what your heart's desire is, and the first step needed in getting there. You should be completely familiar with the color, size, weight, shape etc. of this preliminary step needed in obtaining your heart's desire. In fact by now this image should be a living present reality in your mind. The instructions given in this part will give you precise easy directions to transfer this one image to your the subconscious so that it can begin working to make it an external reality.

Before we get into the actual procedures, which are so easy they seem almost nonsensical let us, review four important points. They are in fact what we have previously called the four pillars of the temple. They are Silence, Daring, Volition, and Knowledge. Without these four attributes no work in practical occultism will succeed. They are all of equal importance, but I think the hardest one to keep is the one of silence.

Have you ever noticed that when you had a great idea, the desire to tell people about it built up in you like pressure in a steam cooker? Have you also noticed that after telling three or so people about your idea, that had noting to do with it, and in no way could help you make it manifest that somehow the excitement, the energy of the idea was somehow dissipated. The practice of silence engenders power, both physically and psychologically, be sure then that you do not broadcast your seed to the wind, lest it be carried off like chaff.

This phase of the work should begin on the second week of the moons waning phase (full moon –new moon). Now to the planting of our mental seeds it is Monday morning and we are done with creating our blueprint. The information that follows should be done each morning and evening after the blueprint has been completed. Set aside five minuets each day to do this, preferably in the morning before you begin your normal day's routine. Go to a room where you will not be disturbed and sit in a comfortable chair with a straight back. Do not cross your legs, and keep the soles of your feet on the floor, let your hands lay comfortably on your lap. Sit erect with your head, neck and back in a straight line. Do not relax, or be tense, but rather have a state of attentiveness, where every muscle is relaxed, but fully alive.

Do your conscious breathing as described in the magic of air. Say the statement of your single purpose once out loud, firmly and vigorously. If you are in a place where you might be overheard say it to yourself. Then close your eyes and begin to mentally go over the details of the image you want to have

manifest into an external reality. Should your attention begin to drift, re-focus your thought back onto your preliminary step of obtaining your heart's desire.

Again let it be stressed that the image in your head must be seen as a present reality. You will notice that as you gain proficiency in this exercise that you find yourself, your body, in the center of this mental environment, just as surely as you experience the outer world from the perspective of your body being at the center of any field of observation.

In beginning with these exercises it is best to start with the larger details of the picture and then move on to the finer details. When you first begin this exercise you may find that you have not been able to generate the entire picture before the end of the five-minute period. Be sure to stop anyway at the end of five minutes. The reason for this is that you are training not only your conscious mind but your subconscious as well. The subconscious in fact will perceive your sticking to this schedule as a firm command that the mental picture must be generated within the allotted time frame and thus will begin strengthening those spiritual centers in the brain concerned with this task.

In the beginning of any practice it seems as if things happen very slowly, but patience and practice breed proficiency and you will find in time that you are able to do this exercise with complete ease. You will in fact be able to generate the entire image in less than five minutes. Doing this practice for a few years will give you extraordinary control over mind and body.

In all of this remember it is how you see yourself, your environment, and the relationship created from this image that determines your present circumstance. Even if you can not trace back and make connections between mental images you have held in the past and your present day circumstance, Ageless Wisdom irrevocably states what we experience today is a result of the mental creations of yesterday. Our circumstance is built from subconscious response to images we hold in our minds, and our future will manifest into physical conditions from what we hold in our minds today. *Thought always takes form in action unless canceled by opposite thought, and mental images tend to always materialize themselves.*

Throughout the day should you have time repeat this morning practice. It is a far better way to spend your spare time, in the creative manifestation of your heart's desire rather than letting your mind drift from fantasy to fantasy.

Erstwhile adepts discovered some time ago that the best way to overcome negative destructive thoughts was not by their suppression, brute force of mind proved useless. They found that fighting against the darkness was actually affirming its existence. Therefore they would not try to stamp the darkness out of their minds but instead whenever such undesirable thoughts came into consciousness they simply would call into their minds an image that produced the opposite effect. When you have built a mental pattern, which is the expression of heartfelt desire, you have the best protection against negative mental states.

Your entire practice is designed to perfect one specific image. Single images have the greatest potency, they descend easily and deeply into the subconscious setting into action the awesome hidden powers of creation the Divine Pair has given to us all, a power which strives always to bring this one image into materialization.

At night the second half of our practice goes into effect, you will need one lighted white candle for this part, and a flameproof dish or bowl. This should be done when you have completed your nightly routine of going to bed. The lights should be out, the TV and radio off. Take the sheet of paper labeled spiritual, sense of sight and hold it over the flame. As you do this repeat your statement of declaration, as the paper burns see the flame and smoke given off by the paper turn into a brilliant yellow light. When the paper is completely reduced to ash, go lie down in your bed and make yourself completely comfortable. This particular phase of the practice will allow you to actually transfer your created image to the subconscious.

In order to be successful in this practice you must first of all be absolutely comfortable and relaxed in your bed. To acquire this state we must mentally tense and relax each part of our body. The reason for doing this is to mentally remove the nerve force typically used for controlling your various body parts, and instead place it into the mental image you have created thus vitalizing and animating it. Remember your statement of declaration says "I will use all the powers of my being to accomplish..." also remember what has been written about the subconscious and the cells of our bodies.

Begin with your toes and move up your body. First tense your toes and feet. As soon as you have done this relax your foot.

Next focus your attention on the muscles of your leg between the knees and ankles. Tense these muscles and then allow them to relax. Then fix your attention on the muscles of your thighs tensing and relaxing them.

Follow this by tensing and relaxing the muscles of your hips, buttocks and groin area.

Take a deep breath and tense your abdominal muscles while holding the breath, exhale while relaxing these muscles. Take another breath and tense the muscles of your chest, relaxing your chest muscles as you exhale.

Move now to the muscles of the small of the back, tense and relax them. Next fix your attention on your shoulders and tense and relax them as well. Move down to your hands, forearms and upper arms, tensing and relaxing each in its turn. Turn your attention to your neck muscles and tense and relax them. Then finally tense the muscles of your face and the top of your scalp energetically, and then relax them.

This relaxation exercise actually allows you to gain control over the nerve force that energizes the muscles you are working with. Thus in a very real sense your conscious mind is placed into direct contact with your subconscious centers in your mind that controls certain aspects of your body. The functions of the brain cells that control the movements of body parts is controlled by the subconscious just as any other aspect of our unseen mental field is controlled by the subconscious. We all can command the fingers on our hand to move, but the actual mechanics of the operation and the almost infinite chemical changes, reactions etc., that take place within our bodies in an instant is not consciously controlled by any of us.

After you have completed your relaxation exercise you will be ready to transfer your one image to the subconscious. Summon the picture before your mind's eye with as much plasticity that you can muster, especially concentrating on the spiritual sense of that day. Imagine that you are printing this image onto the cells of your brain at the back of your head. By doing this, by fixing the image on the brain cells in the back of the brain the subconscious perceives this image is a real thing that has actually occurred. This is not considered a trick, or lie to the subconscious. When you see something in the external world this is the exact process that happens. Light travels into your eye, is changed into electrical impulses, and is organized in the back of your head, where the sight center of your brain is, into a picture. This implanted image will now be used by the subconscious and elaborated into a train of mental images produced from the extrapolated deductive reasoning process initiated by the seed to bring your desire into a concrete reality.

After completing this exercise go to sleep. If you find yourself feeling animated because of your mental work, do the relaxation exercise again. The important thing is to stop all conscious thought about your aim. If you need to turn your consciousness some pleasurable experience in the past and think of this as you drift off to sleep.

The next morning when starting your exercise in the chair, you should begin with a brief review of what you built the previous day. This review period is not to be counted as part of the five-minute session. By doing this you will find that the construction details of the previous day take on more plasticity to themselves and indeed the present days' construction goes much easier and is much more rich in detail.

For each of the remaining nights of the week repeat the evening work you did on Monday. The astralization of your blueprint should be carried out on the appropriate nights of the week that correlate to the remaining spiritual senses and that of movement. Remember to envision the smoke and flame in the appropriate color for the day of the week. On Wednesday you will have two sheets to burn that of touch and smell. These should be done simultaneously.

By the end of this week of work the moon should have completed its waning phase and you will have firmly established the astral pattern of your single objective. As the moon now moves into its two-week waxing phase set about accomplishing your single objective and making it manifest.

When this is accomplished move onto the next objective in the progression of your heart's desire, being sure to start it at the begging of the moons waning phase (full moon – new moon). Be sure to follow the same procedure of writing out a blueprint during one week and astralizing that pattern the second week.

Finally let me stress once more that it is not enough to just write out a blueprint and then astralize that blueprint. Here on the ground you must work at making that blueprint a reality.

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